

# 2022 SPORTS4VETS THROWDOWN - WEEK 1

## WORKOUT

As many rounds and repetitions as possible in 5mins of:

**10 Lap-to-Overhead (L2O)**

**10 Chair Dips**



## WORKOUT DESCRIPTION

Athletes begin the workout sitting tall position. Athletes will have five (5) minutes to complete as many rounds and repetitions of the workout as possible. Athletes must complete all repetitions of the first movement before moving to the next movement. Athletes may rest as needed but must continue their work where they left off prior to resting.

## SCORING

Total repetitions completed in 5mins.

*Example: 4 complete rounds plus 5 ground-to-overhead reps = 85 reps*

Athletes are required to keep track of and submit their own score. A scorecard is provided to assist in keeping track. A best practice is to have an assistant help keep track of your rounds and repetitions.

Submit score on Competition Corner

(Link: <https://competitioncorner.net/events/6358>)

## MOVEMENT GUIDANCE

Athletes may consider modifying movements due to ability and to accommodate safe range of motion.

## EQUIPMENT

The Lap-to-Overhead movement is the only weighted movement that requires an external load.

Loads do not need to be exactly measured to the prescribed weight, but athletes should try to approximate the weight as close as possible.

Athletes may use any load they have available. Traditional gym weights such as a dumbbell, a kettlebell, or a medicine ball may be used. Use of a barbell is not permitted.

Another acceptable option for the loaded weight is to use any bag, backpack, or duffle bag with additional weight inserted. Best options for inserted weight are bagged rice, bagged flour, bagged sugar, or bagged sand.

## RISK MITIGATION

Safety is paramount. Athletes should not perform any movement that causes pain or could lead to injury.

Athletes may make modifications to the workout as needed regarding risk mitigation.

# MOVEMENT STANDARDS

## LAP-TO-OVERHEAD

Video: <https://youtu.be/W44wbWjFQaU>

- Every rep begins with the weight on the lap.
- Any variation of a snatch, or clean and press, or curl and press is acceptable.
- Athletes may alternate arms if performing the movement in a single-arm fashion.
- The rep is credited when the weight is overhead, and the athlete is sitting tall with the arm(s) and shoulder(s) at full extension. The weight should be in the frontal plane (over the head and shoulders).
- Touch and go is permitted, but deliberately bouncing the weight off the lap is not permitted.

*\*Athletes are encouraged to use a lap pad to protect their skin.*

## CHAIR DIPS

Video: <https://youtu.be/HWLI8J3GD5o>

- Every rep begins with the athlete sitting tall in their chair.
- Athletes will press their body using their arms to the dip support position.
- The repetition is credited when the athlete reaches full arm extension in a support position.

## MODIFICATIONS

**WEIGHT:** Reduce weight to match ability. Athletes should be able to perform 10 unbroken lap-to-overhead movements in one set but be still challenged.

**RANGE OF MOTION:** Athletes may modify range of motion standards by reducing the finish position overhead. Athletes may modify to chest press (horizontal movement) if an overhead movement is unsafe for them.

## MODIFICATIONS

**RANGE OF MOTION:** Modify to accommodate athlete's safe range of motion.

# WEEK 1 SCORECARD

## WHEELCHAIR DIVISION

As many rounds and repetitions as possible in 5mins of:

**10 Lap-to-Overhead (L2O)**

**10 Chair Dips**

♂ 10lb. weight | ♀ 5lb. weight

ROUND	10 LAP-TO-OVERHEAD	10 CHAIR DIPS
1	10	20
2	30	40
3	50	60
4	70	80
5	90	100
6	110	120
7	130	140
8	150	160
9	170	180
10	190	200

**Total Repetitions:** \_\_\_\_\_

Submit score on Competition Corner (link: <https://competitioncorner.net/events/6358>)



# WEEK 1 PREPARATION

## OVERVIEW

A training session is provided to prepare athletes for the scored workout by exposing them to the movements and intensity of the event. This training session is not required but athletes are encouraged to practice the movements before adding intensity.

## TRAINING SESSION PLAN

TIMELINE	ELEMENT	DESCRIPTION
0-5	Session Setup	- Weight that you will use for the lap-to-overhead movement
5-10	Warm-Up	<b><u>General Warm-Up (1 Round):</u></b> 15s Neck Rolls (each direction) 15s Shoulder Rolls (forwards/backwards) 15s Big Arm Circles (forwards/backwards) 15s Shoulder Twists (internal and external rotations) 15s Chain Breakers 15s Arm Back Slaps
		<b><u>Specific Warm-Up (2 Rounds):</u></b> 15s Arms-Only Jacks 15s Dip Support Hold (top position) 15s Arms-Only Core Twists
15-21	Training Session	<b><u>3 Rounds:</u></b> 30s Lap-to-Overhead 30s Rest 30s Chair Dips 30s Rest
21-25	Cooldown & Recovery	- 3mins: slow movement: walk, manual push, or easy on a cardio machine - 2mins: Cooldown breathing (3s inhale, 3s hold, 3s exhale, 3s hold) <i>*Stretch muscle groups used during your session</i>